

# The Effect of Periodontal Disease on Your Health

## Heart Disease

Oral bacteria from periodontal disease can enter the blood stream, attaching to fatty plaques in the coronary arteries and contributing to clot formation. This may lead to heart attacks.

Inflammation caused by periodontal disease can increase plaque build up and swelling of the arteries.

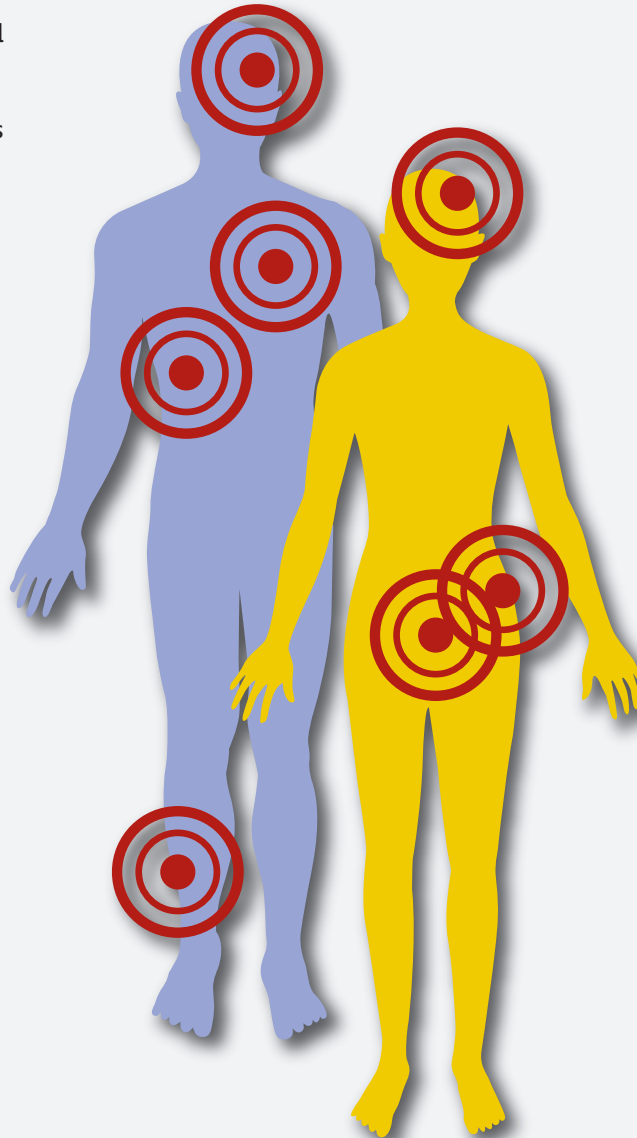
Periodontal disease can also exacerbate existing heart conditions.

## Diabetes

Periodontal disease is often considered a complication of diabetes and may make it more difficult for people who have diabetes to control their blood sugar.

## Osteoporosis

Osteoporosis can contribute to tooth loss because the density of the bone that supports the teeth may be decreased, which means the teeth no longer have a solid foundation.



## Respiratory Disease

Scientists have found that bacteria from periodontal disease can be aspirated into the lung, and can cause respiratory diseases such as pneumonia. People who suffer from Chronic Obstructive Pulmonary Diseases (COPD) are especially at risk.

## Stroke

Studies have shown a link between oral infections and stroke.

## Alzheimer's Disease

Recent studies suggest that there may be a link between the presence of a chronic inflammation like periodontal disease (which can cause oral bacteria in the bloodstream) and a degeneration of neurological health which is commonly associated with Alzheimer's Disease (AD).

## Pre-Mature Births

Pregnant women who have periodontal disease may be seven times more likely to have a baby that is born too early and too small.